

*The Unreal Ideal*

**An Honors Thesis (HONRS 499)**

**by**

*Dayna Colbert*

**Thesis Advisor**

*Brad King*

A handwritten signature in blue ink, appearing to read 'Brad K', is positioned below the printed name of the thesis advisor.

**Ball State University  
Muncie, Indiana**

*May 2012*

**Expected Date of Graduation**

*July 2012*

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## Abstract

With multiple technologies at our grasp, it is almost impossible to avoid the media. The ever-increasing exposure of celebrities and the examination of their lives and bodies is infiltrating our daily lives. They must embody the ideal woman – tall, thin, gorgeous – and this is impacting how society views its members. There is increasing pressure on all young women to look this way, and for young men to want this. Recently, there is rising pressure on men to be as muscular as possible, and for women to want that. This documentary looks into how the media's insistence on selling the ideal to society has impacted our views, and looks into what the average person thinks of this ideal.

## Acknowledgements

I would like to thank Brad King for advising me through this project. His help and guidance throughout this project was necessary to get me through this, and is but a small contribution in comparison to the advice he has given in the past three years.

I would like to thank Hayley, Ryan, Devin, Maria, Tifanie, and Jackie for supporting me and offering assistance through this project.

## Author's Statement

I originally started this project as a research and documentary combination, but ran into complications getting the research portion approved. With just seven weeks, I started the documentary, setting up interviews with subjects. In a few weeks I had finished the interviews, modifying my questions as I realized what I wanted out of my interviews and what questions were not necessary.

In a week I had a rough cut to work off of, and received advice on what to improve on. I then finished my interviews and worked on rough cuts of every interview. Unfortunately, I lost some information in the process because of some incompatibilities of owning a PC and working on a Mac.

I checked out camera equipment from the Teleplex and worked in the Integrated Media Lab in the Journalism Department, using the software Final Cut Express. I soon found out that the computers in the library had the software Final Cut Pro, and the two softwares were incompatible, so I could only work in the Integrated Media Lab on my thesis.

I had lost the rough cut of my project and the time I had spent working on it was wasted, so the Monday of finals week I got the project to almost completion. That Wednesday I finished the project, feeling accomplished.

As a journalism major, I was only trained on the basics of filming and of using Final Cut Express. This project helped me explore more functions of Final Cut Express and understand the process of editing further than the five-week course did.



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**Informed Consent Form**  
**"The Unreal Ideal: Video"**

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| <b>Project:</b>                                | The Unreal Ideal   |
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| <b>Purpose:</b>                                | This research is being conducted by Dayna Colbert at Ball State University in Muncie, Indiana. The investigator is asking you to participate in a documentary accompanying research.   |
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| <b>Duration</b>                                | The data collection will take place through in person interviews that will vary in time from a half hour to over an hour.  |
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| <b>What Will I Be Asked To Do:</b>             | You will be asked to answer questions that were on the survey and additional questions for the video. There may be additional questions to follow up responses by you.   |
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Hayley Wolf  
Participants Name (Printed)

Hayley Wolf  
Participants Signature

3-22-12  
Date

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Ryan Maghrey  
Participants Name (Printed)

Ryan Maghrey  
Participants Signature

03/28/12  
Date

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MAIZIA SANCHEZ

Participants Name (Printed)

  
Participants Signature

April 16, 2012  
Date

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Devin Dabney

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Participants Name (Printed)

Devin Dabney

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Participants Signature

4/20/2012

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Date

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*Tifanie Bider*

Participants Name (Printed)

*Tifanie Bider*

Participants Signature

*4/19/2012*

Date